

# Your Child's Health

22 Dec 1983

by Dr. Kitty Ferguson

If there were a shot or medicine that would protect your child from the leading cause of death and permanent injury in kids, would you get it? There is such a thing, it has no side effects or complications, and it is 80 to 90 percent effective. It doesn't even cost very much when you consider what it might do for your child. As parents I'm sure you want to do everything you can to protect your child. You think about good nutrition, immunizations and how to keep him from catching too many colds. Do you know what the number one killer and maimer of children is in this country? It isn't polio or even cancer. Automobile accidents kill ten times as many kids as all the diseases combined that we give shots to prevent. That's 800 kids a year. And about 70,000 are seriously injured. That's 164 children a day. With proper use of

that same 30 mph crash. (If you think this is bad you should hear what happens to kids loose in the back of a pickup at 55 mph!)

Seat belts and car seats save lives. A good quality car set, used properly, is a lot more likely to protect your child from being handicapped than all the polio vaccine in the world, but it must be used correctly and consistently to work. Babies and children are built differently from adults. The use of the harness in the seat is really important because a child's head is proportionately much heavier than an adult's. (Incidentally, infant carriers are not car seats and are dangerous to use in the car.)

Car seats for infants up to a year are available through Wasatch County Hospital at a very low cost from our County Health Department. For children up to about 40

pounds a larger seat is needed. I see them listed in the garage sales and thrift ads most of the time. You might suggest Grandma help buy a car seat for Christmas instead of that really expensive outfit that your one year old could care less about. No matter how tight the budget, a safe place for your child in the car is something you can't afford to do without.

Parents whose children ride in car seats have fewer accidents. That may be because the kids are better behaved or maybe because the parents are more careful people in general. The best way to prevent hassles about riding in seats or belts is to never let the kids know they have a choice. My kids think the engine won't start until the belts are fastened. Best of all set a good example by wearing your own belt. After all, we need you around to raise those kids.

*Season's  
Greetings*

From Barbara, Penny,  
Audrey, Sharleen,  
Melanie, Jenny, Dayne  
and Steve

**IDEAL THEATRE — 654-1181**

HEBER CITY, UTAH

# A CHRISTMAS STORY

STARTS  
FRIDAY



MELINDA DILLON  
DARREN MCGAVIN  
PETER BILLINGSLEY

A Tribute to the  
Original, Traditional,  
Two-Fisted, All-  
American Christmas

DAILY AT 7:15-9:15

MGM/UA **PG**  
CLOSED CHRISTMAS EVE  
& CHRISTMAS DAY

**AVON THEATRE — 654-1181**

The Farmers Home Administration (FmHA) will resume making economic emergency loans by the beginning of next year, according to FmHA County Supervisor, A Richard Osmond.

"Economic emergency loans are designed for farmers who are in a cost-price squeeze or face other difficulty beyond their control," Osmond said. "In other words, the loans are for a financial emergency rather than a natural disaster such as a drought or flood."

**HOLIDAY**  
CINE

HOLIDAY VILLAGE MALL, PARK

EXCEPT SUNDAY

**\$1.00** WED - ALL LADIES  
THUR - ALL MEN

*The  
Man Who  
Loved  
Women*

It's the perfect  
between  
and half the

NOW S  
Daily: 1:30, 3:30